

# Beef Stir Fry

Beef stir fry can be a lot of fun. A tablespoon of oil will give you some vital fats not in the meat or vegetables. It's generally a summer meal when you need a quick, light, and nutrient dense meal. A great way to use pieces of leftover vegetables that aren't even enough for a serving by themselves. Never the same twice with peas, carrots, and beans of all sorts, or even squash fresh from the garden. Caramelized onions and mushrooms are the base for this dish.

## Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce, or

Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal as it is cooked

## Meal Adaptations:

### Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

### Visual Accommodations:

Use colored chopping boards

## Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Onions

Pepper

Spices

## Meatless Preparation Avoid:

Beef

Butter

Substitute with: \_\_\_\_\_

**Utensils:**

- Chopping board
- Fork
- Pot holders
- Steak knife
- Wooden spoon
- Pan: 8 inch, large, frying pan

**Ingredients:**

**Meat: Choose 2 pounds of:**

- Cubed steak
- Fajita strips
- Ground beef
- Skirt steak, or
- Stew beef

**Vegetables: Choose 2 or 3 of:**

- 1/4 cup of broccoli
- 1/4 cup of carrots
- 1/4 cup of corn
- 1/4 cup of green beans
- 1/4 cup of mushrooms
- 1/4 cup of onions
- 1/4 cup of peas

**Other ingredients:**

- 1 tablespoon of butter
- Dash of salt
- Spices such as pepper to taste

**Preparation time: 15 minutes**

**Preparation:**

**1. Chop 1/8 to 1/4 cup of each vegetable:**

- Broccoli
- Carrots
- Corn
- Green beans
- Mushrooms
- Onions
- Peas

2. Chop meat into bite sized pieces.
3. Add enough vegetable or canola oil to the frying pan to cover the bottom.
4. With a wooden spoon, stir in ingredients over medium heat.
5. Reduce heat as meal simmers, stirring frequently.

**Cook Temperature: Medium heat**

**Cook Time: 15 to 20 minutes**

**Servings: 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

## Reheat Instructions:

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.